

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

there are fruits added

What I like least about the proposed changes is

took juices out

Thank you for reading my comments.

Sincerely,

Anna Lopez
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that it will be healthier
for our kids to eat in
school

What I like least about the proposed changes is

there's nothing I don't
like about the proposed

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It is healthier for the children

especially when they pick it out themselves

What I like least about the proposed changes is

milk should be the same it is

healthy for your bones

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P6654

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

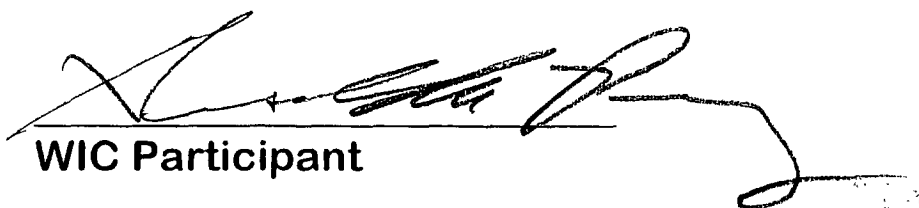
What I like most about the proposed changes is

that they have veggie and fruites,
Tuna and tortillas, rice and
other things that are good.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I SEE MORE vegetables & MORE
HEALTHIER FOODS

What I like least about the proposed changes is

NONE I LIKE everything

Thank you for reading my comments.

Sincerely,

MARIA SOTOMAYOR
WIC Participant

Riverside County, California

P 66/56

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


more healthier foods

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6657

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you are going to give fruits and vegetables

& bread or tortillas

What I like least about the proposed changes is

Taking away 2 containers of juice

Thank you for reading my comments.

Sincerely,

Brandy Delchini
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I will get help in getting my fruits & vegetables, tortillas and bread which the kids need in their diets.

What I like least about the proposed changes is

I don't have anything that I least like, because I think it's a wonderful idea! ☺

Thank you for reading my comments.

Sincerely,


Rosalinda Galardo

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

is the opportunity of help regarding the assistant is with fruits and vegetables

and grains. I feel that it's one of the many things WIC has best yet decided.

Thank you!

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Cristina Contreras
WIC Participant

Thank you, so very much!

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fruits and vegetables
and whole grains

What I like least about the proposed changes is

we could only get one whole grain
item. I will help if we could get
oatmeal & the choice of corn or wheat tortillas.
Since we are omitting 1 frozen egg, 1 lb of cheese and
one 1/2 gallon of milk & 4 frozen juice containers
Thank you for reading my comments.

Sincerely,

Chia Anderson
WIC Participant

Riverside County, California

96661

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

THEY OFFERED MORE VARIETY FOR

HEALTHIER FOOD. I LIKE THE FACT

THAT THEY ARE ADDING FRUITS, VEGGIES TO THE WIC PACKAGE.

What I like least about the proposed changes is

I really like the changes is

A really good thing they are changing it for the better to benefit our children and us for healthier lives.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6662

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The variety of fruits and veggies
and the bread.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Akcie Pellum
WIC Participant

Riverside County, California

P6663

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The add of fruits and Veggies to WIC

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6664

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

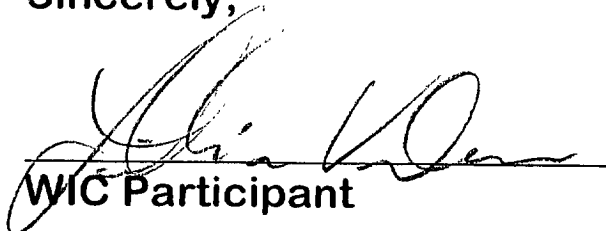
*that my son will get more of
a variety.*

What I like least about the proposed changes is

that the amounts are reduced.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6665

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It will be really good to buy bread or tortillas
and Fruit & Veg.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Leena Moore

WIC Participant

Riverside County, California

P6666

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

More of a Variety of Food.

What I like least about the proposed changes is

The amount of Milk I will Receive

Thank you for reading my comments.

Sincerely,

Salina Martinez

WIC Participant

Riverside County, California

P 6667

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

low fat milk

Breads

Fresh Fry/Veg

What I like least about the proposed changes is

can beans

still have yellow cheese

Thank you for reading my comments.

Sincerely,

Rose Durnal

WIC Participant

Riverside County, California

P6668

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is parents may offer less milk and juice if it is substituted for different foods. They may try to offer water for thirst instead.

What I like least about the proposed changes is I think people will think getting less milk and juice will be an impact on their budget. I hope in time they see the benefit of the new foods

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P6669

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits and vegetables

What I like least about the proposed changes is

the decrease in milk

Thank you for reading my comments.

Sincerely,

Rung Guernsey

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The extra food

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Brittney Gentens
WIC Participant

Riverside County, California

P6671

Dear Friends at US Department of Agriculture, OCT 31, 2008

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The adding fruits + veggies and tortillas
to are coupons.

What I like least about the proposed changes is

I like all.

Thank you for reading my comments.

Sincerely,

Irma Avila
WIC Participant

Riverside County, California

P6672

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


The fruits and vegetables and breads

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p6673

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the fact there is more fruit and
less juice and more healthier.

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6674

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to
change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I
will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that it offers bread and fruit.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P6675

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

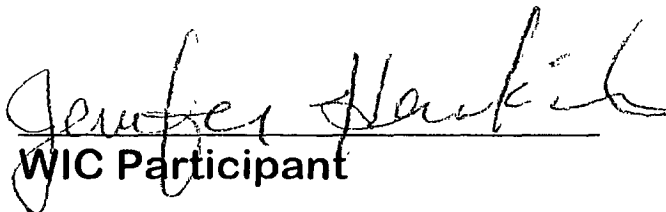
What I like most about the proposed changes is

More food options.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P6676

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

there would be more fruit and vegetables
and the cut down are good to receive better things

What I like least about the proposed changes is

Some cut downs.

Thank you for reading my comments.

Sincerely,

Viviana B. Morfin

WIC Participant

Riverside County, California

P6677

Dear Friends at US Department of Agriculture, OCT 31 2008

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding fruits + veggies
and not so much, rice

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6678

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

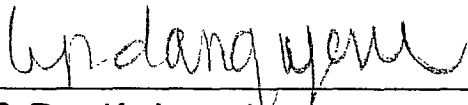
SOY PRODUCTS; WHEAT BREAD

What I like least about the proposed changes is

LESS JUICE

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6679

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

THE ADDED VEGGIES, BREAD AND TORTILLAS, BUT
WOULD PREFER THE OLD WIC

What I like least about the proposed changes is

LESS MILK, EGGS, CHEESE AND JUICE

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6680

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

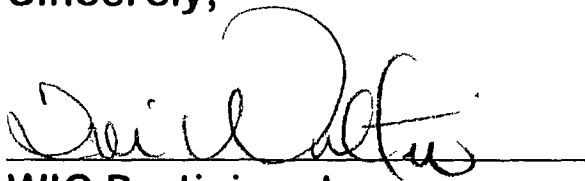
that Society Want you to
Encourage more fruits and Vegetables
in your daily Diet (that would be great)

What I like least about the proposed changes is

We didn't get enough fruits
and Vegetables

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 6681

Dear Friends at US Department of Agriculture,

OCT 31 2006

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*With the increasing increase in children obesity,
I like that juice is being decreased and the addition of
fruits & vegetables.*

What I like least about the proposed changes is

I feel the change will be positive.

Thank you for reading my comments.

Sincerely,

Chen Blucher
WIC Participant

Riverside County, California

P6682

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

we get fruit, veg, bread.

What I like least about the proposed changes is

getting less milk, because
we need more milk.

Thank you for reading my comments.

Sincerely,

Jessika Ruvarao
WIC Participant

Riverside County, California

PL6683

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits and veg.

What I like least about the proposed changes is

less milk.

Thank you for reading my comments.

Sincerely,

Tammy Moya, WIC Staff.

WIC Participant

Riverside County, California

P6684

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the fruit idea. But milk is really expensive to buy without coupons

What I like least about the proposed changes is

LESS MILK.

Thank you for reading my comments.

Sincerely,

Dannette Lopez
WIC Participant

Riverside County, California

P6685

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

we get more healthier stuff and more variety

What I like least about the proposed changes is

the decrease in milk

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

P6686

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

is that I will have more options to choose from for my baby and myself.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Enclosed you will find a copy of the proposed changes.

P 6687

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding the fruits

What I like least about the proposed changes is

less the milk

Thank you for reading my comments.

Sincerely,

Christina Scott

WIC Participant

Riverside County, California

Revised 10/2008

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** the fruits & veggies
they would be a great addition to the program

**What I like least about the proposed
changes is** I like the new packages
better.

Thank you for reading my comments.

Sincerely,

Kimberly Brown
WIC Participant

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** Fruit is added,
Bread - very helpful.

**What I like least about the proposed
changes is** /
_____.

Thank you for reading my comments.

Sincerely,

Deemedha Fuduly
WIC Participant

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** that there is more of a

Variety like the fruits and vegetables.

now we can start having them throughout
the month, Please have them added to more than just
one check

**What I like least about the proposed
changes is** tofu

Thank you for reading my comments.

Sincerely,

Lisa Leach

WIC Participant

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is the variety of the
Vegetables and Fruits.**

**What I like least about the proposed
changes is nothing its Great.**

Thank you for reading my comments.

Sincerely,

Raisha McPatrial
WIC Participant

P6692

NOV 03 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is Better food selection**
_____.

**What I like least about the proposed
changes is _____**
_____.

Thank you for reading my comments.

Sincerely,

Calvin N. Gay
WIC Participant

P 6693

**Dear Friends at US Department of
Agriculture,**

NOV 03 2005

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** at Better For my
children.

**What I like least about the proposed
changes is** there nothing Bad
_____.

Thank you for reading my comments.

Sincerely,

Deane Bayle
WIC Participant

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is Fresh Foods**

**What I like least about the proposed
changes is _____**

Thank you for reading my comments.

Sincerely,

Frances L. Hewitt

WIC Participant

P6695

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

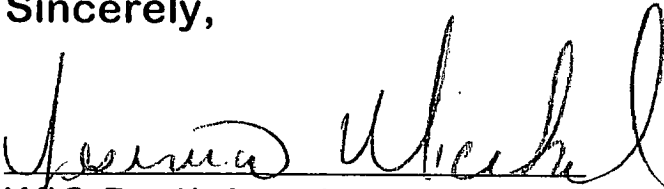
More nutritious foods

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

simon@yaho.com

P6696

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I enjoy a healthy diet

What I like least about the proposed changes is

N/A all the changes are good

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

STANDARD FORM NO. 64 (Rev. 5-22-64)

PG697

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

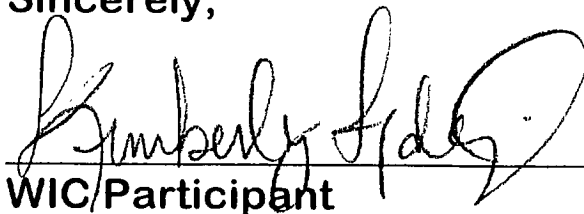
What I like most about the proposed changes is

It has ~~a~~ more fruits, and
vegetables (more healthier choices)

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Riverside County, California

P6698

NOV 03 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is fresh fruits**

**What I like least about the proposed
changes is Pinto Beans**

Thank you for reading my comments.

Sincerely,

Sorja Jacobson | Zafae Chammeh
WIC Participant

P6699

NOV 03 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is the fruit and
bread.**

**What I like least about the proposed
changes is they are substituting
for something else.**

Thank you for reading my comments.

Sincerely,

Victoria Turney
WIC Participant

P 6700

NOV 03 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** there is more of a variety
and it would be great to be able to get
fruits and veggies!

**What I like least about the proposed
changes is** _____

Thank you for reading my comments.

Sincerely,

Pencee' Sampson
WIC Participant